HARVEST of the SEA®

MENU CONCEPT

Item Title: WOK Fried - Szechuan Cashew Calamari

INGREDIENTS:

4 HOS Platinum 5/8 squid tubes, cleaned, scored on the inside, cut into squares

Tophé Rice bran oil
1/4 red onion, sliced
1/4 red peeper, sliced
2 dried small szechuan chilies, whole
1/4 cup cashew nuts, toasted
1/4 cup rice flour
Honey Soy Sauce:
1/4 c. Tamar Soy sauce
2 tbsp. Hoisin
1/2 c. Honey

To Serve:
Pinch szechuan pepper, toasted, crushed, blend with pinch salt
Fresh Cilantro, pinched leaves

20 min - Preparation Time
10 min - Cook Time
30 min - Total Time

Cost Per Serving: $3.10
Suggested Sell: $12.50
Profit Per Order: $9.40
Margin: 75.20%

PREPARATION:

Hot off the WOK:
Crunchy Cashew Calamari is blended with Szechuan pepper it changes the way you taste food. Seasoned with the pepper, it adds a wonderful punchy vibrancy and warmth unlike anything else. A liking to fresh lime zest combined with black pepper, cilantro and hot pepper, the WOK Fire blends all well, enjoy!

Prepare squid, slice open tube, and score from inside in two directions, quarter the tube, and drop quickly in & out of poaching liquid 3 seconds, dry on paper towel, reserve on side.

Toss the squid in rice flour then heat a WOK on a gas burner. Add Tophé rice bran oil to the wok then gently fry up the calamari bundles. Cook in the WOK until crispy, approx. 45 seconds. Remove and drain and dry on paper towel.

Meanwhile wipe clean the WOK and reheat on a gas burner. Add Tophé rice bran oil to the wok then then sauté the onion, red peppers, bruise and add in the whole chillies and cashews.

Combine soy sauce and honey. Add 3 tablespoons of the honey soy sauce into the wok and turn up the heat. Toss your fried squid through and reduce until squid is well coated and glazed, add more sauce as needed.

Dust with the pinch of crushed Szechuan pepper, then plate and garnish with pinched Cilantro leaves.

For more information about Harvest of the Sea, please visit **www.harvestsea.com** or contact your Harvest Sea representative.

Recipe Image 1:

Recipe Image 2:

Recipe Image 3:

Recipe Image 4:

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Recipe Image 5: Plating Architecture

Recipe Image 6: Plating Architecture

Recipe Image 7: Plating Architecture

Recipe Image 8: Plating Architecture

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